



# Lettuce

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## Leaf and Romaine

*Eat 5 or more servings of  
fruits and vegetables every day!*

Leaf and Romaine lettuce are two common types of lettuce that add flavor, color, and nutrition to any salad or sandwich.

### Farmers' Market Season

June to October. Peak season is early summer.

### Buying Tips

Good quality lettuce is fresh, crisp and has an even green color. Leaf lettuce has medium to dark green color; some have red tips. Don't buy leaf lettuce that has wilted or damaged leaves.

### Storage

Leaf lettuce should be refrigerated in a plastic bag for 3-5 days, Romaine lettuce can be refrigerated for about 10 days. If you wash lettuce before storing, make sure you drain well and dry the leaves. Soaking in water will soften the leaves and they will wilt sooner. Paper towels work well to absorb extra moisture.

### Preparation

Wash leaf lettuce and drain completely. Leaf lettuce used in salads should be torn into bite size pieces. Lettuce cut with a knife can turn an undesirable rust color.

### Key Nutrients

Leaf lettuce is low in calories and rich in Vitamin A and C. Most varieties are a good source of calcium and iron. General rule: the darker the color, the better. Dark Green (and red) lettuces provide a rich supply of nutrients.



## Recipes

### Laurie's Lettuce

#### Salad Ingredients:

3 ounce can rice noodles  
½ cup sliced almonds  
4 green onions,  
    chopped  
8 cups Romaine lettuce,  
    torn

#### Dressing

##### Ingredients:

½ cup brown sugar  
¼ cup vegetable oil  
¼ cup seasoning mix

Mix the dressing ingredients together, and set aside.

Place the salad ingredients in a large bowl. Add dressing and toss. It is best to add dressing right before serving.

### Strawberry Salad

¼ cup non-fat sour cream  
2 tablespoons honey  
1 tablespoons lime juice  
½ teaspoon ground cardamon (spice)  
4 cups Romaine or leaf lettuce, washed and torn  
2 cups fresh, sliced strawberries



Mix sour cream, honey, lime juice and cardamon. Toss over lettuce and sliced strawberries.

### Summer Pasta Salad

½ cup low fat Italian dressing  
1 cup cooked macaroni  
3 cups assorted chopped vegetables:  
    carrots, green peppers, tomatoes, green  
    onion, green beans etc.  
4 cups Romaine lettuce washed, dried and torn.

Put macaroni and chopped vegetables in a bowl; mix. Pour dressing over macaroni and chopped vegetables. Refrigerate several hours. Add Romaine lettuce and toss together right before serving.